



# Rocky Hill Board of Health Community News

## **Seasonal Flu & H1N1 “Swine” Flu 2009 is a two flu year**

### **Two Flu Facts:**

Both spread through coughing or sneezing by infected persons. Sometimes through touching something with flu viruses on it and then touching eyes, mouth or nose.

Both cause fever, cough, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue. BUT H1N1 may also cause vomiting and diarrhea.

People with both can infect others from 1 day before getting sick to 5 to 7 days after.

Both are more likely to cause complications in pregnant women and people with chronic medical conditions (e.g. diabetes, asthma, congestive heart failure, lung disease) BUT adults 65 and older and children younger 5 are more vulnerable to Seasonal flu. AND people under 25 are more susceptible to H1N1 flu.

Seasonal flu activity typically peaks in January or February with some activity up until May. BUT H1N1 flu has caused illness throughout the summer and is active now.

### **Vaccination Information:**

Seasonal Flu vaccine does not protect against H1N1 Flu! There are separate vaccines for each type of flu.

Pregnant women, people with chronic health conditions, caretakers of children under 6 months, health care and EMS personnel should get both vaccines.

Your health care provider has the seasonal flu vaccine now and most will have the H1N1 when it becomes available.

The Seasonal Flu Clinic in Rocky Hill will be held Thursday Oct 29<sup>th</sup> from 9–11 am in the Rocky Hill Reformed Church.

Everybody is encouraged to get Seasonal Flu vaccine, especially people 6 months through 18 years and 50 and older.

H1N1 Vaccine will become available probably in late Oct. You will receive more information when the details are finalized. You can also check the Rocky Hill Board of Health <http://rockyhillnjboh.org/> and the Somerset County Dept of Health <http://www.co.somerset.nj.us/health/index.htm> websites.

In addition to those mentioned above, people encouraged to get H1N1 vaccine are those 6 months through 24 years.